



## Amaretto-Cranberry Pear Wedges

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



68 kcal

BEVERAGE

DRINK

### Ingredients

- 0.3 cup amaretto
- 3 bartlett pears firm ripe
- 1 tablespoon juice of lemon
- 0.8 cup cranberry-kumquat salsa
- 3 tablespoons slivered almonds toasted

### Equipment

- ziploc bags
- melon baller

## Directions

- Peel and core pears; quarter each lengthwise. Using a melon baller, carve out a well in center of each quarter.
- Place pears in a heavy-duty, zip-top plastic bag; pour amaretto and lemon juice over pears. Chill at least 1 hour.
- Drain pears, discarding liquid.
- Place on a serving platter. Spoon Cranberry-Kumquat Salsa into pear cavities, and sprinkle with almonds.

## Nutrition Facts

 **PROTEIN 6.52%**  **FAT 21.22%**  **CARBS 72.26%**

## Properties

Glycemic Index:4.25, Glycemic Load:2.2, Inflammation Score:-2, Nutrition Score:2.2634782350582%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 67.69kcal (3.38%), Fat: 1.37g (2.11%), Saturated Fat: 0.11g (0.66%), Carbohydrates: 10.51g (3.5%), Net Carbohydrates: 8.52g (3.1%), Sugar: 7.18g (7.98%), Cholesterol: 0mg (0%), Sodium: 107.61mg (4.68%), Alcohol: 1.7g (100%), Alcohol %: 3.04% (100%), Protein: 0.95g (1.9%), Fiber: 1.99g (7.95%), Vitamin E: 0.89mg (5.96%), Manganese: 0.09mg (4.66%), Copper: 0.07mg (3.69%), Vitamin C: 2.75mg (3.33%), Potassium: 108.45mg (3.1%), Magnesium: 12.13mg (3.03%), Vitamin B2: 0.05mg (2.72%), Phosphorus: 22.61mg (2.26%), Vitamin K: 2.37µg (2.26%), Vitamin B6: 0.04mg (2.21%), Vitamin A: 90.56IU (1.81%), Vitamin B3: 0.36mg (1.78%), Calcium: 15.42mg (1.54%), Iron: 0.25mg (1.39%), Folate: 4.67µg (1.17%), Vitamin B1: 0.02mg (1.11%)